

# Gold Medal Schools

Physical Education Training 2009

Bruce Brinkman

# Information

- GMS Web site
  - <http://www.hearthighway.org/gms/gmsinfo.html>
  - Choose the chapter of the activity

# Twelve Days of Gym Class

- Music
  - Twelve Days of Gym Class
    - The Learning Station
    - 3:39
- Materials
  - List of the twelve days



# Twelve Days of Gym Class

On the \_\_\_\_ day of gym class my coach made me do...

- Twelve power punches
- Eleven blocks in boxing
- Ten yards of leaping
- Nine ways of dancing
- Eight ropes for climbing
- Seven strokes of swimming



# Twelve Days of Gym Class

- Six squatting thrusts
- Five hula hoops
- Four shout outs
- Three weights for lifting
- Two pulling thumbs
- Some arm flapping chicken kinds of things



# TREPAK (Russian Dance)

- Music
  - Nutcracker Suite, Op. 71a: Russian Dance (Trepak)
    - Wiener Philharmoniker
    - 1:09
- Materials
  - Instructions



# TREPAK (Russian Dance)

- 8 counts: arms go straight up and down to your side 2x times
- 8 counts: run in a circle to the right
- 8 counts: arms straight up and down to your side 2x times
- 8 counts: run in a circle to the left
- Repeat



# TREPAK (Russian Dance)

- 4 counts: tap right foot
- 4 counts: tap left foot
- 8 counts: alternate right and left foot
- Repeat





# TREPAK (Russian Dance)

- 4 counts: tap right foot
- 4 counts: tap left foot
- 2 counts: tap right foot
- 2 counts: tap left foot
- 4 counts: alternate right/left foot



# TREPAK (Russian Dance)

- 8 counts: arms go straight up and down to your side 2x times
- 8 counts: run in a circle to the right
- 8 counts: arms straight up and down to your side 2x times
- 32 counts: run in a circle to the left



# Elf Toy Juggle

- Music
  - Santa Claus is Comin' To Town
    - The Jackson 5
    - 2:20
- Materials
  - Soft objects to throw
  - Spots



# Elf Toy Juggle

- Groups of 5 or 6
- Start pattern
- Add objects
- Switch places



# Hot Chocolate

- Music
  - A Marshmallow World (Live)
    - Dean Martin & Frank Sinatra
    - 2:19
- Materials
  - 1x4x12 piece of wood



# Hot Chocolate

- Divide into teams
- One marshmallow (wood) per person
- One extra marshmallow per team
- Walk on marshmallows across the hot chocolate (gym)
- Start over if a person falls



# Christmas Stretch Band Activity

- Music
  - Grandma Got Run Over by a Reindeer
    - Elmo & Patsy
    - 3:28
- Materials
  - Stretch bands



# Christmas Stretch Band Activity

- Chest high shoulders width apart
  - Front pulls
  - Diagonal pulls
  - Over head pulls





# Christmas Package Stretch

- Music
  - Santa Baby
    - Miss Piggy
    - 2:51
- Materials
  - Soft objects



# Christmas Package Stretch

- Partners
  - Over and under
  - Side to side
  - Figure eight



# The Grinch Who Stole Christmas

- Music
  - You're a Mean One Mr. Grinch
    - Boris Karloff
    - 2:59
- Materials
  - Tree skirt
  - Pictures of toys



# The Grinch Who Stole Christmas

- Instructions
  - Place the students into groups around a tree skirt
  - Steal toys from tree skirt while demonstrating a locomotive skill:
    - Hop
    - Skip
    - Slide
  - Steal one at a time
  - No guarding tree skirts



# Holiday Paddle Dance

- Music
  - Two-Step 'round the Christmas Tree
    - Michael Martin Murphey
    - 4:32
- Materials
  - Three chairs
  - Item to pass



# Holiday Paddle Dance

- Two lines
- Three chairs
- Middle picks a partner
- Person left chooses the next partner



# Chinese Jump Rope Dance

- Music
  - Let It Snow! Let It Snow! Let It Snow!
    - Dean Martin
    - 1:58
  - Baby, It's Cold Outside
    - Dean Martin
    - 2:24
- Materials
  - Chinese jump ropes



# Chinese Jump Rope Dance

Basic pattern for holders

– Together, together, out out

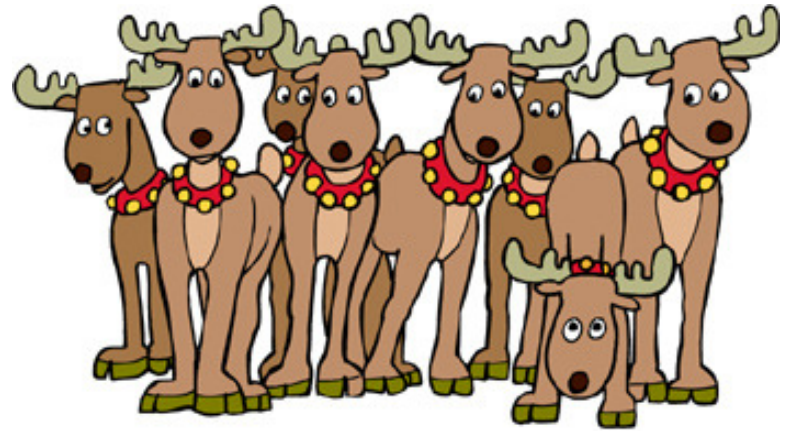
- Dancer
  - LLRL RRLR repeat





# Reindeer Pokey

- Music
  - Reindeer Pokey
    - The Smudge Fundaes
    - 3:04
- Materials
  - Instructions



# Reindeer Pokey

- Antlers
- Red nose
- Hoof
- White tail
- Whole deer
- Chorus:
  - Dance around

# Reindeer Pokey

- You put your \_\_\_\_ in
- You put your \_\_\_\_ out
- You put your \_\_\_\_ in
- And you shake it all about
- You do the reindeer pokey and you turn yourself about
- That's what it's all about



# Jingle Bell Rock Dance

- Music
  - Jingle Bell Rock
    - Bobby Helms
    - 2:13
- Materials
  - List of movements



# Jingle Bell Rock Dance

- Eight counts of each of the following:
  - Walk
  - Freeze
  - Bounce
  - Melt
  - Freeze
  - Grow
  - Then repeat



# Jingle Bell Rock Dance

- Count out loud
- Count in your head
- Follow a pattern



# Macarena

- Music
  - Macarena Christmas
    - Los Del Rio
    - 4:38
- Materials
  - Instructions for the Macarena



# Macarena

- Stretch your right arm out straight in front of you with your palm down. Do the same for the left arm.
- Turn your right arm and hand over so your palm faces the ceiling. Do the same with your left arm.





# Macarena

- Touch your left shoulder with the palm of your right hand. Cross your left arm over your right arm and touch your right shoulder with your left hand.
- Place your right hand on the back of your neck. Do the same with your left hand.



# Macarena

- Move your right hand and touch your left hip and touch your right hip with your left hand
- Put your right hand on your right hip and your left hand on your left hip



# Macarena

- Circle your hips three times with the beat of the music. Hop and clap as you make a quarter turn with the group. Repeat the steps until the song ends



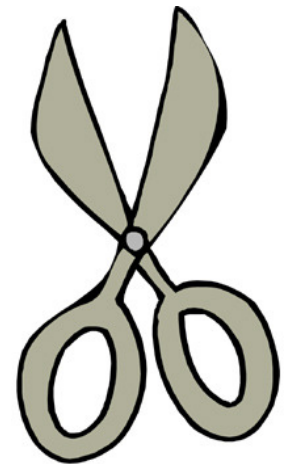
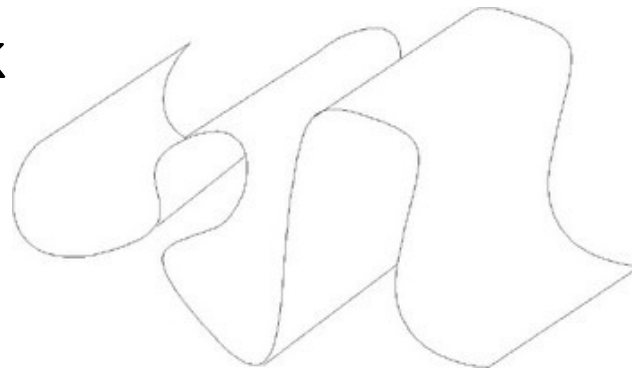
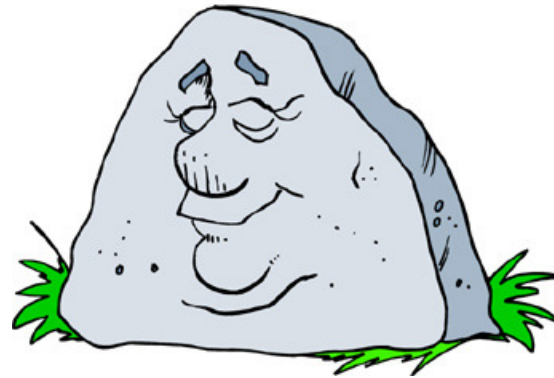
# Would You Rather

- Two sides of the gym
- Ask would you rather questions
  - Receive a lump of coal or nothing
  - Be Rudolph or Dancer



# Christmas Rock Paper Scissors

- Rock
  - Feet together
- Paper
  - Feet a-part
- Scissors
  - Feet front and back



# Contact Information

- Presentation and video of the activity
  - <http://www.hearthighway.org/gms/gmsinfo.html>
- Contacts
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# Contact

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  - Your Name